

Zucchini Pasta with Spring Veggies: Your New Favorite Healthy Dinner

Zucchini Pasta with Spring Veggies



TIME
10-15 min

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INGREDIENTS

2 large zucchini, spiralized into noodles (or use pre-packaged zucchini noodles)
1 tablespoon olive oil
1 shallot, minced (or 1/4 small red onion, minced)
2 cloves garlic, minced
1 cup asparagus, trimmed and cut into 1-inch pieces
1 cup cherry tomatoes, halved
1/2 cup fresh or frozen green peas
1/4 cup vegetable broth
2 tablespoons fresh lemon juice
1/4 cup grated Parmesan cheese, plus more for serving
2 tablespoons fresh basil, chopped
Salt and freshly ground black pepper to taste
Optional: Cooked protein like grilled chicken or shrimp

DIRECTIONS

- 1. Prepare : Zucchini Noodles:** If using fresh zucchini, spiralize them into noodles. Place them on a few layers of paper towels and lightly salt them. Let them sit for 10-15 minutes to draw out excess moisture, then gently blot dry. This helps prevent a watery sauce.
- 2. SautØ Aromatics:** Heat the olive oil in a large skillet or non-stick pan over medium heat. Add the minced shallot (or onion) and cook for 2-3 minutes until softened. Stir in the minced garlic and cook for another minute until fragrant.
- 3. Add : Spring Veggies:** Add the asparagus pieces, cherry tomatoes, and green peas to the skillet. SautØ for 3-5 minutes, stirring occasionally, until the asparagus is tender-crisp and the tomatoes begin to soften slightly.
- 4. Deglaze & : Simmer:** Pour in the vegetable broth and fresh lemon juice. Bring to a gentle simmer, scraping up any browned bits from the bottom of the pan. Let it simmer for 1-2 minutes.
- 5. Add : Zucchini Noodles:** Add the prepared zucchini noodles to the skillet. Using tongs, toss the noodles with the vegetables and sauce for just 1-2 minutes. You want the noodles to warm through and slightly soften, but still retain a bit of their bite. Be careful not to overcook, as they can become mushy quickly.
- 6. Finish & : Serve:** Remove the skillet from the heat. Stir in the grated Parmesan cheese and fresh basil. Season with salt and freshly ground black pepper to taste. Serve immediately, topped with extra Parmesan if desired.

SWAPS & NOTES

Zucchini: A spiralizer is best for creating long, uniform noodles, but you can also use a vegetable peeler to make wide ribbons, or simply thinly slice the zucchini.

Pre-packaged zucchini noodles are a great shortcut.

Vegetables: Feel free to swap in other quick-cooking spring vegetables like snap peas, spinach, or thinly sliced radishes.

In the fall, you could adapt this with mushrooms or bell peppers.

TIPS FOR SUCCESS

Don't Overcook Zucchini: Zucchini noodles cook very, very quickly.

A minute or two in the hot pan is usually all it takes.

Overcooked zucchini noodles become watery and limp.

Drain Zucchini Well: Salting and blotting the zucchini noodles helps remove excess water, which prevents your sauce from becoming diluted.

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